

Resources for Older Adults

The North Bellevue Community Center works in partnership with many community groups including [Senior Services of King County](#), [Catholic Community Services of Pierce County](#), [KEGS](#) (Komputer Enthusiasts of Greater Seattle), [Sound of Swing Band](#), [Eastside Legal Assistance Program](#), [S.H.I.B.A.](#) (Statewide Health Insurance Benefits Advisors), [HopeLink](#), and [Overlake Hospital Senior Care](#).

The center offers multi-cultural programming through [Sea Mar Community Health Centers](#) and [Chinese Information and Service Center](#). These groups offer assistance with translation services, ESL education, healthcare, social security and insurance information, exercise classes, and other bi-lingual assistance for cultural integration.

[S.H.I.B.A.](#) is a group of trained volunteers from the Office of the State Insurance Commissioner and Senior Services of King County. They offer information on Medicare insurance, claim forms, billing procedures, managed care plans, supplemental health insurance, long term care insurance and social security issues. They meet with members of the community at North Bellevue Community Center on the first and third Wednesday of each month. Appointments are required; please call 425-452-7681 to make an appointment.

North Bellevue Community Center works in partnership with Senior Services' [Meals on Wheels Program](#) to provide meals to homebound Bellevue area seniors at a low cost. Meals on Wheels uses an office here at the community center to administer their program in the Bellevue area, but community center staff cannot assist with applications, meal selections or assist with other Meals on Wheels issues. To sign up for the program or for more information, please call Meals on Wheels directly at 206-727-6242.

[Foot Care](#) services by Chris Egan, RN are available at the community center three days per month; on the second Tuesday, second Wednesday, and fourth Wednesday of each month. Appointments are required and can be made in person, online at www.myparksandrecreation.com, or by calling the front desk at 425-452-7681.

[Massage/Acupressure](#) services by Elizabeth Strauss, LMP and Jin Shin Do Acupressurist are available at the community center on the first Monday of each month. Appointments are required and can be made in person, online at www.myparksandrecreation.com, or by calling the front desk at 425-452-7681.

Reflexology services by Carol Pond, LMP are available at the community center on the first and third Tuesday of each month. Appointments are required and can be made in person, online at www.myparksandrecreation.com, or by calling the front desk at 425-452-7681.

[Catholic Community Services of Pierce County](#) provides our Senior Nutrition Program and serves hot meals at the center each Monday, Tuesday, Wednesday and Friday at noon. The meals are freshly made on site each day using quality ingredients. The fee for lunch varies by age: those under 60 years of age pay a flat fee of \$5.75; those over 60 pay a suggested donation of \$3.00.

The [KEGS](#) group provides computer assistance and can help with your computer needs. Call Joe Mraz at 425-747-2433 for more information.

[Sound of Swing Band](#) is a volunteer swing band that performs for our monthly dances on the second Tuesday of each month, from 2-4 pm. They also perform for quarterly Saturday dances in partnership with the Seattle Chapter of USA Dance, and throughout the community at various events. They practice at the community center each Tuesday, and everyone is welcome to come watch and dance during the rehearsals.

[Eastside Legal Assistance Program](#) is a group of area lawyers who provide legal advice at little or no cost to low-income Eastside residents. They come to the center to meet with clients on the second Thursday of each month. To make an appointment, please call the program directly at 425-747-7274.

[Overlake Hospital Senior Care](#) plans health and wellness seminars here at the center. Please see the Connections brochure for a complete listing of their upcoming seminars, or call 425-688-5800.

[HopeLink](#) offers a wide range of health and human services programs on the Eastside. They come to the community center to assist members of the community with transportation and utility assistance issues. "Getting Around Puget Sound" is a program designed to help people learn how to take all types of public transportation. Experts from the program are here on the second Monday of each month from 10 am - 2 pm to answer questions and help with planning. No appointment is needed, and all sorts of questions are welcome.

Energy Assistance appointments are made through HopeLink at 1-800-348-7144. Your appointment to meet with HopeLink's energy assistance expert may be held here at the community center.